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SHE'S M.I.A.? JUST USE A HOLOGRAM

THAT'S WHAT SHE DID. USE METRO AR TO HEAR HER SONG LIGHTS PAGE 13

City getting sued over taxi reform

Toronto Taxicab Alliance alleges councillors broke the rules when they passed legislation in February PAGE 6

DeRozan de-risin' to the challenge

Raptors swingman DeMar DeRozan demonstrating impressive growth and 'superstar' potential PAGE 22

Don't count your chips before they're cashed, OLG

AG chides OLG for assuming casinos would get OK PAGE 4

NEWS WORTH SHARING.

Slow commute, frantic life: Report

Canadian Index of Wellbeing. Transit a constant drain on time despite other gains

Longer commute times, particularly in the Toronto area, are helping keep Ontarians chronically crunched for time, according to the first provincial report looking at quality-of-life indicators in the Canadian Index of Wellbeing (CIW).

Even though fewer of us work 50 hours or more per week and more of us have flexible work times, Ontario commute times increased 12 per cent on average between 1994 and 2010, says the study from the University of Waterloo for the Ontario Trillium Foundation being released Tuesday.

That amounts to 6.4 minutes more on average spent getting to and from work each day or 27 hours over a typical work year — no surprise to commuters who faced lane closures on the Gardiner Expressway Monday.

"You may be travelling the same distance, but it's taking you more time. There are more cars on the road," said CIW director Bryan Smale, a professor of recreation and leisure studies at the University of Waterloo.

State of mind

"It's not just the length of time people commute, it's the traffic congestion and their perception of it which has the greatest impact on their wellbeing."

Canadian Index of Wellbeing director Bryan Smale

The increase in commutes, he said, "is fairly significant when you consider the population has grown and more and more people are coming into the major cities, and that's where the bulk of the commute times are really felt."

The Canadian Index of Wellbeing looks at how the country's health and lifestyles are faring. The Ontario report, called How are Ontarians Really Doing?, is the first provincial snapshot of that information.

The CIW measures 64 indicators in eight categories, including education; community vitality; healthy populations; democratic engagement; environment, leisure and culture; time use and living standards.

It showed most of Ontario's gain in wellbeing was, like the rest of Canada, due to education.

However, participation rates in social leisure activities in Ontario dropped 4.4 per cent from 1994 levels. For women, the dip was 7 per cent compared to 1 per cent for men.

"By 2010, 20.5 per cent of Ontarians between 20 and 64 years of age were experiencing high levels of time pressure, up from 16.4 per cent in 1994. This represents a 20 per cent increase in the 17-year period," says the study.

During those years, Ontario's gross domestic product grew 24 per cent, lagging the Canadian increase of about 30 per cent. But gains in wellbeing were up only about 7.5 per cent nationally and provincially.

TORSTAR NEWS SERVICE

Record-setting

Torontonians have the longest commute in the province — 65.6 minutes on average — longer than the 63.6 minutes reported in Oshawa and 59.2 minutes in Barrie. The Ontario average was 47 minutes.

- Montreal and Vancouver commutes average 62 and 60 minutes, respectively.

DEADLY TORNADO UPENDS SUBURB

Connie Krehel walks through a mass of debris on Monday after her home was hit by a tornado in Vilonia, Ark. The tornado that hit the town was probably the nation's strongest so far this year, forecasters report. Most of the dead in Arkansas were killed in their homes in and around Vilonia, population 3,800. The twister also wrecked cars and trucks along Interstate 40 north of Little Rock as well as a new $14-million school that was set to open this fall. Story, page 8. ERIC GAY/THE ASSOCIATED PRESS

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Toothbrush theft

Ford's sister avoids arrest warrant

Mayor Rob Ford's sister narrowly avoided an arrest warrant — the second in two months — over allegations she never did 25 hours of community service related to a theft conviction.

Kathy Ford
TORSTAR NEWS SERVICE

Kathy Ford arrived at the Finch courthouse Monday afternoon just as court officials were discussing issuing a bench warrant for her arrest.

"Thank you and I am very, very sorry," Ford told Justice of the Peace Diane McAleer after a decision was made to give her another chance.

Two years ago, Kathy Ford was convicted of theft for stealing a quantity of toothbrushes from a Zellers store. **TORSTAR NEWS SERVICE**

City savings

Ford's $1B claim 'misleading': Staff

Mayor Rob Ford is proclaiming that newly released numbers from city staff support his $1-billion savings claim — even as top staff call that claim "misleading."

After a media briefing Monday, city manager Joe Pennachetti now says the amount of money saved during Ford's term is $893 million — not $1 billion or even $972 million, as staff previously reported.

But Pennachetti said the mayor can claim he reduced spending more than other mayors.

TORSTAR NEWS SERVICE

Brian Dickson. Killer of York U student to appeal first-degree conviction

A man who killed a York University student from China in an attack partly witnessed via webcam says he was wrongfully convicted of first-degree murder.

Brian Dickson, who was convicted earlier this month in the death of Qian Liu, has now filed a notice of appeal.

The document, which secures Dickson's right to file a full appeal, lists his grounds as "wrongful conviction of first-degree murder," but he writes that his lawyers will file a "comprehensive argument" later.

The jury who heard Dickson's case did not know about online postings about incest and underage sex, his collection of Asian pornography and complaints of previous attacks on women, but it still took just four hours of deliberations to convict him.

Brian Dickson, convicted of murder.
FACEBOOK/THE CANADIAN PRESS

Liu, 23, had been chatting via webcam with her ex-boyfriend in China on April 15, 2011, when he saw Dickson force his way into Liu's room.
THE CANADIAN PRESS

Sexual assault charge. Former Pride Toronto co-chair pleads not guilty

A former co-chair of Pride Toronto is on trial for allegedly drugging and sexually assaulting a young man in 2012.

Luka Amona, 38, who stepped down from Pride Toronto's board days after being charged in September 2012, pleaded not guilty to both counts at the start of the judge-alone trial Monday.

In his opening statement, Crown prosecutor Fred Bartley alleged that Amona forced a now 22-year-old man to have anal intercourse at his apartment after a Pride volunteer appreciation party they both attended.

The man, whose identity is protected by a publication ban, testified he and Amona began a purely physical relationship at the end of May 2012.

In a video statement to police submitted as evidence Monday, another party attendee said the complainant in the case was obnoxious and intoxicated during the party, though not so much he would not be served. The witness said the young man also made a pass at him, which he rebuffed.

The complainant told the court he does not remember this. **TORSTAR NEWS SERVICE**

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Only 30 get in to see Anna's 9 alter egos

From left, Hannah Kaya, Dayna Miller, Katherine Cullen, Nicole Buscema and Dana Deoraj are the cast members of Vitals, a new site-specific play opening in the west end Friday night. The play takes place in a home in Parkdale and features Anna, an EMS worker, and her nine alter egos. Audiences will see the violence she has witnessed and follow as her life unravels. Only 30 people are allowed to Vitals each evening. They meet 15 minutes before show time outside Solarski Pharmacy at 149 Roncesvalles Ave. For more info go to www.artsboxoffice.ca.
KEITH BEATY/TORSTAR NEWS SERVICE

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OLG plan too ambitious, auditor says

A losing gamble?

Agency said 2,300 jobs would be created, but financial watchdog warned of job losses

Ontario's Lottery and Gaming Corp. failed to adequately consult municipalities before promising to increase revenues by building new casinos that it turned out cities don't want, auditor general Bonnie Lysyk reported Monday.

"OLG included projected profits from those casinos without first confirming that new casinos would be accepted," said Lysyk, who issued a special report on OLG's modernization plan. "In fact, large Ontario cities such as Toronto and Ottawa rejected OLG's proposals for constructing new casinos."

The plan

OLG originally projected it could bring in an additional $4.6 billion in gaming profits between 2013 and 2018 through new casinos and other modernization efforts, a figure it has since revised downward by nearly half to $2.2 billion. The financial watchdog puts the figure at $1.8 billion.

The Progressive Conservatives criticized the Liberals, saying the party will not be able to balance the books by 2017-18, but Finance Minister Charles Sousa said he'd already taken the lower-than-expected revenue hike from OLG into consideration in last year's budget, and then lowered the figure even more in last fall's economic statement.

THE CANADIAN PRESS

Dodge this!

Canadian National Dodgeball team MVP Jason Mergler practices in a North York school gymnasium with the rest of his teammates in preparation for the world championships June 13 to 16 in Hong Kong. Based out of Toronto, the team went to Malaysia last year and toppled the U.S. for the world championship title.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Former finance minister

Sorbara named new chancellor at York University

Former Ontario Liberal heavyweight Greg Sorbara will be the new chancellor at York University.

The school says he will begin his three-year term this June.

THE CANADIAN PRESS

Assault charges

Police make arrests in violent kidnapping case

Elanna Marki, from Toronto, is facing 11 charges in connection to a violent kidnapping incident in the city. Police have alleged that a woman was held captive in two east-end apartments in December and was violently assaulted by a man and three women.

Two other women have already been arrested in connection with the case. Police are still looking for John Brown, 44, of Pickering, in connection to the investigation.

THE CANADIAN PRESS

Home sweet $1.366M home: House sells for 195% of asking price

115 Glencairn Ave.

TORSTAR NEWS SERVICE

As bidding wars go, it was the ultimate battle and a warning for frantic buyers bracing for the spring market: A five-bedroom detached house in the Yonge and Lawrence area has sold for almost double its $699,000 list price, with 72 offers.

"We expected in the $1.1 million range, but the market pushed it," said listing agent Bradley Hutton, who sold the Glencairn Avenue house for $1.366 million, about 195 per cent of list price.

Real estate offices were abuzz with news of the sale Monday, with many realtors highly critical of two things: That the house was underlisted by at least $400,000, and that the winning bidder was one of Hutton's own clients.

"We're all very quick to blame the listing agent in situations like this, but in my opinion more of the blame should be placed on uninformed buyers and their buyer agents who don't have the experience or the knowledge to understand fair market value," said Toronto realtor David Fleming.

"We're in a hot market, but no house is hot enough to get 72 offers."

And there appears to be no let up in sight after what realtors say is the worst spring on record for a shortage of listings coupled with intense pent-up demand.

Hutton acknowledges that nothing has sold on the prime, tree-lined street, just steps from Yonge and the subway, for $699,000 for at least 10 to 15 years.

He priced it so low, he says, "mainly to create buzz."

TORSTAR NEWS SERVICE

115 Glencairn Ave.

More than 1,000 people booked appointments or toured the 1930s Glencairn Avenue fixer-upper over the last 10 days before the offer deluge Sunday night. About 80 per cent of the offers were for over $1 million, though the home needed about $300,000 in renovations.

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Taxi lobby taking city to court

Licensing reforms. Industry group says council votes to overhaul system were illegal

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A Toronto taxi industry group is taking the city to court over taxi industry reform, Metro has learned.

The Toronto Taxicab Alliance — an industry group composed of taxicab owners, taxicab fleet operators, designated agents and taxi brokerages — served the city with a suit last week that seeks to quash the decisions council made on Feb. 19 to overhaul the taxi licensing system.

The council vote brings in a new licensing system that means all taxi plates must be converted to new Toronto Taxi Licences (TTL) by 2024 and any plate sold after July 1, 2014, must be converted to the TTL at the time of sale. Owners of the new licences must drive the taxi themselves and cannot merely lease or rent out the licence for income, as most do now.

When councillors passed the reforms, many who were in favour argued they would benefit the shift drivers who, they argued, are overworked, underpaid and exploited in the current system. Coun. Pam McConnell, who brought the motion to pass the reforms, called shift drivers "slaves" to absentee plate owners.

The reforms were passed despite a high-profile public campaign from the Taxicab Alliance to stop them. The same group is now taking the city to court.

There is a lot of money at stake. The application states that about 100 plates were transferred each year since 2005 at prices ranging from $75,000 to $350,000 — and that many taxi industry members have "made major capital investments" under the expectation that the licensing regime would remain significantly unchanged.

According to the application, Derek Stacey — a Ryerson University economist who worked with Metro to study the economics of the taxi industry and the impact of the licensing reforms on the taxi plate market — will provide an affidavit for the Taxicab Alliance.

After analyzing taxi plate market data provided by Metro, Stacey found that under the new licensing regime, the plate owners would see the market value of their plates decline and that they would lose leasing revenue.

Stacey also found the timing of the reform implementation is important for plate holders, because having more time to lease their plates before eventually selling them means more income. The taxi industry participants appear to have anticipated that the changes will depress prices as the city's review progressed, because the average sale price of a standard licence fell as staff studied reform and issued reports on the changes.

However, the lawsuit does not seek damages and does not claim the reforms suggested by city staff and adopted by council are in themselves illegal, but argues that the process city council took to pass them were. The votes that the suit alleges were illegal relate to the timing of the implementation, starting the shift to the new licence on July 1 and completing it by 2024.

The Taxicab Alliance is arguing that council violated its own procedural rules at the February meeting where the reforms were adopted, "in flagrant violation of the proper consultative process, its own procedural bylaw and its obligation to adhere to the principles of procedural fairness and act in good faith."

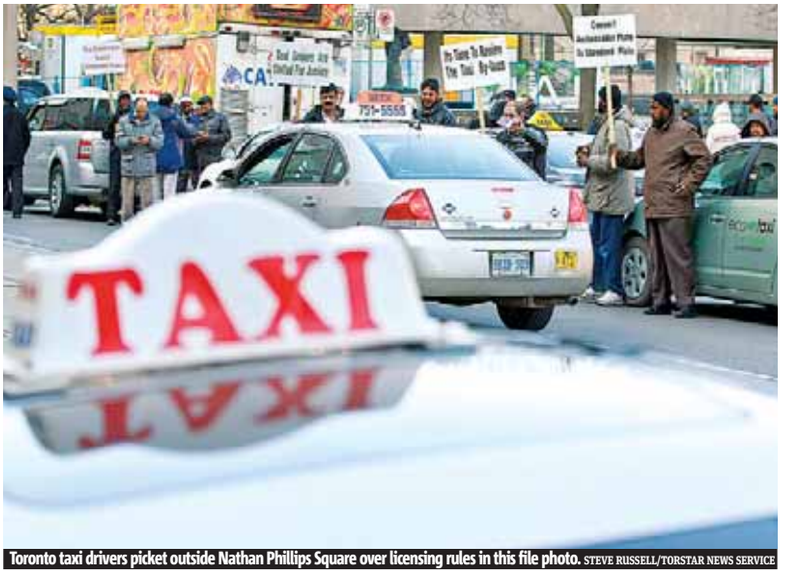
The lawsuit alleges that council failed to follow the proper procedure with respect to giving notice of motions and moving motions without notice, and that the motions "effectively removed items from the (Licensing and Standards) Committee purview" without the proper vote. The suit says that as a result, the court should quash the council decision.

The lawsuit also alleges that key votes that sped up the timeline of the reforms were made contrary to staff recommendations with no facts, research, or due diligence on the part of councillors.

Quoted

"We're not looking to sue the city of Toronto. But when they blatantly ignore their own rules, we've had no choice and they've forced us into this action."

Jim Bell, president of Diamond Taxi



Toronto taxi drivers picket outside Nathan Phillips Square over licensing rules in this file photo. STEVE RUSSELL/TORSTAR NEWS SERVICE

Lawsuit

Timelines a major issue

Much of the evidence in the suit comes from local driver and plate owner Joel Barr, who provided an affidavit in which he spelled out the process by which the city passed the taxi reform. One key aspect of the reform — imposing a deadline by which plate owners would have to transfer their plates — was made without notice and he and other owners were never given a chance to comment on it, he stated. Nor was he given a chance to sell his plates, because the market has "effectively frozen" as a result of council's actions, he stated.

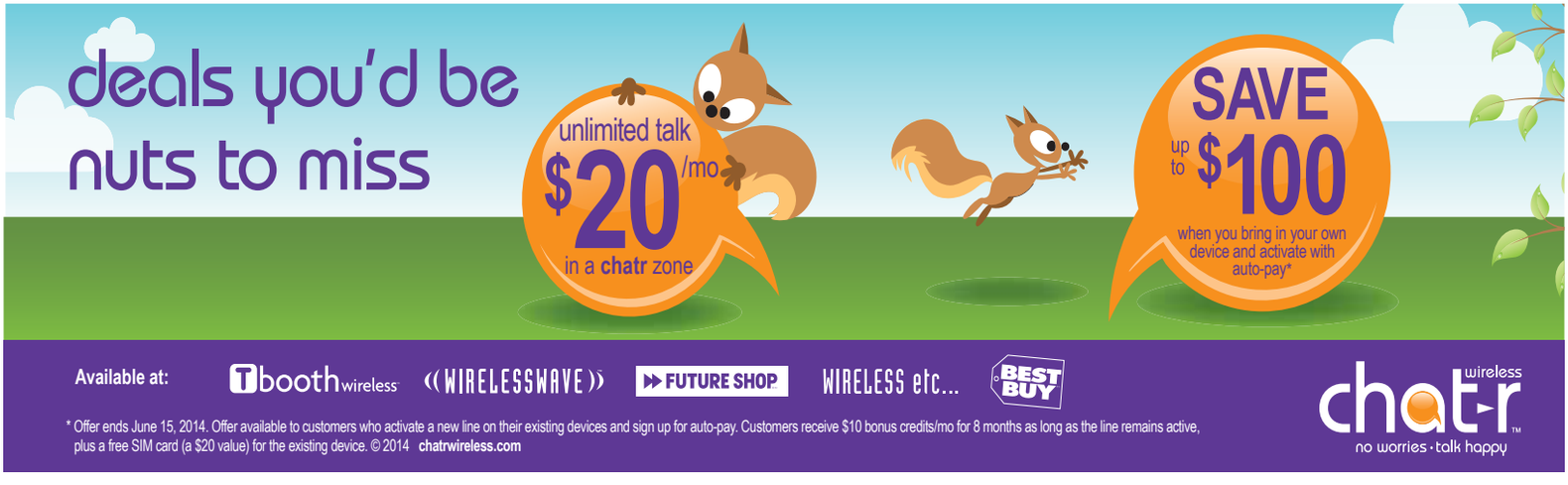
Coun. Janet Davis

Another affidavit comes from Larry Silverberg, a local lawyer who is responsible for his father's estate. According to his affidavit, sworn in early April, Silverberg is responsible for selling his late father's two plates but has found that since council's decision, the plate market has suffered a "seemingly precipitous decline" which will deprive his mother of income she had expected from the leasing and sale of the plates.

Coun. Janet Davis, a proponent of reform, said on Monday afternoon she wasn't aware a suit had been filed, but knew that the taxi industry was raising funds for a court challenge and was not surprised to hear it. While she couldn't comment on the suit itself, she said the motions the suit targets — the timing of the implementation — are important and were discussed extensively.

"The implementation timelines were certainly things that some sectors were unhappy with. There were others who were quite pleased," she said. The decision to implement a timeline was important because otherwise the reforms would languish, she said.

JESSICA SMITH CROSS/METRO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Rape case. Paris police boss wants accused officers off the force

The director of the Paris police service says he wants the officers implicated in the alleged rape of a Canadian woman out of his department.

Bernard Petit's remarks Monday to French radio station Europe1 came as authorities investigated two officers accused of raping the Canadian tourist at the city's police headquarters. Both officers from the elite police unit, as well as a third who's considered a witness, have been suspended pending the outcome of an investigation that could take weeks or even months to complete.

French media have reported a 34-year-old Toronto woman met the off-duty officers in a bar last week and later went with them to their workplace.

As she left the station, she reportedly told another police officer she'd been raped, but a lawyer for one of the suspects told The Canadian Press the sex was consensual.

THE CANADIAN PRESS

Egypt

Brotherhood leader sentenced to death

An Egyptian judge sentenced to death the Muslim Brotherhood's spiritual leader and 682 other people Monday in the latest in a series of high-stakes mass trials that have been unprecedented in scope, drawing sharp condemnation from international rights groups.

The verdicts — which were appealed by the general prosecutor — come as the military-backed government has launched a massive crackdown against Islamist supporters of ousted leader Mohammed Morsi, under the banner of "war against terrorism" while tightening its grip on the Arab world's most populous nation.

THE ASSOCIATED PRESS

Stowaway teen's mother seeks reunion with kids

Shedder Refugee Camp. It's home to the boy's mother and some 10,300 Somalis who fled due to militant violence

The Somali mother's home is a frame of sticks covered by ragged blankets on the dusty grounds of this refugee camp. It was here that her 15-year-old son wanted to travel on an impossible journey as a stowaway on a plane from California.

Ubah Mohammed Abdule hasn't seen her boy — who was hospitalized in Hawaii after landing there in the wheel well of a jetliner — for eight long years.

Wearing a black and white head covering, Abdule wept as she stood before the flimsy shelter holding her meagre possessions and spoke about her son.

She told journalists from The Associated Press, who travelled to see her in remote eastern Ethiopia, that she was alarmed by the dangerous method of travel her son undertook. Those who stow away in wheel wells of airplanes have little chance of surviving, and many who attempt it are Africans desperate for a better life in Europe or America.

But Yahya Abdi had been unhappy in California and desperately missed his mother, according to those who know his family.

So on April 20, Abdi hopped a fence at San Jose International Airport and climbed into the wheel well of a jetliner. It was bound for Hawaii, the opposite direction of Ethiopia. Somehow he survived the sub-zero temperatures and lack of oxygen. He has not spoken publicly about the ordeal.

Abdule said she has not spoken with her son since he moved to the U.S. in 2006. The boy's father has lied to their three children, the mother said, telling them that she's dead.

In this photo taken Sunday, Ubah Mohammed Abdule, 33, feeds her son Abdullahi Yusuf Ahmed, 8, as her daughter Neshad Yusuf Ahmed, 5, looks on, outside her hut in the Shedder refugee camp near the town of Jigjiga, in far eastern Ethiopia. ELIAS ASMARE/THE ASSOCIATED PRESS

"The father of Yahya first took the children away from me to Sudan. Then he came back to Somalia and demanded my consent for him to take the children to the U.S. if I want a formal divorce. I was not OK with that and said no," Abdule said through tears.

"Finally, he took all three of my children to the U.S. without my knowledge."

Abdule said she wants to leave the camp and reunite with her children and has asked the Ethiopian government and the UN refugee agency to help her do so. THE ASSOCIATED PRESS

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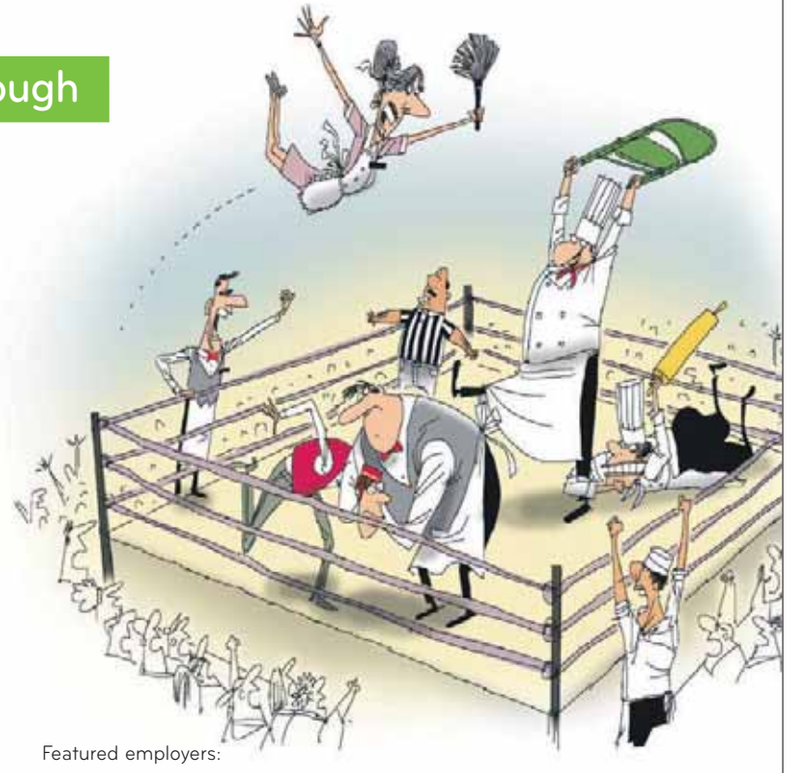

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See that symbol? Scan the image below with your Metro News App to see how survivors of the tornado are picking up the pieces

Arkansas twister leaves 14 dead in small town and trail of devastation

Sherry Lee, left, and her daughter-in-law Amanda Lee react after finding family photos among the ruins of Sherry's home on Cemetery Street Monday. KAREN E. SEGRAVE/THE ASSOCIATED PRESS

Fatalities also reported in Oklahoma and Iowa. Midwest and South brace for further severe weather

The sky turned black as the funnel cloud closed in, and Maggie Caro rushed with her husband and two children to a community shelter at a Vilonia school, where they were among the last to get inside the fortified gym before the doors were shut.

"They were screaming, 'Run! Run! It's coming!'" Caro recalled.

And then all hell broke loose.

The half-mile-wide tornado carved an 80-mile path of destruction through the Little Rock suburbs Sunday evening, killing at least 14 people, flattening rows of homes, shredding cars along a highway and demolishing a brand-new school before it even had a chance to open.

Officials said the death toll could have been worse if residents hadn't piled into underground storm shelters and fortified safe rooms after listening to forecasts on TV and radio, getting cellphone alerts or calls or texts from loved ones, and hearing sirens blare through their neighbourhoods.

Also on people's minds: memories of a weaker tornado that smashed through on April 25, 2011. It took nearly the same path and killed at least four people.

"You had people breaking down because they were reliving three years ago," Kimber Standridge said of the scene inside the community shelter, which she said was packed with perhaps more than 100 people.

Caro and Standridge said the shelter was so solid they barely felt or heard the tornado.

The tornado was among a rash of twisters and violent storms across the Midwest and South that killed 16 people in all on Sunday.

Most of the dead in Arkansas were killed in their homes in and around Vilonia. Firefighters on Monday searched for anyone trapped amid the piles of splintered wood and belongings strewn across yards.

The tornado that hit the town and nearby Mayflower was probably the nation's strongest so far this year on the 0-to-5 EF scale, with the potential to be at least an EF3, which means winds greater than 136 mph, National Weather Service meteorologist Jeff Hood said.

"It's amazing to me how wide it was," Mayflower Mayor Randy Holland said.

Arkansas Gov. Mike Beebe said officials didn't yet have a count of the missing. He said the dead included a woman who was in a safe room but was hit by debris that went through the door.

"Mother nature and tornadoes, sometimes you can't explain how that works," Beebe said.

Three people died when the tornado tore a Paron home down to the foundation. Emily Tittle, 17, said her family took shelter under the stairs of their home before the twister ripped the walls away.

In Vilonia, Raella Faulkner and Bobby McElroy picked through their demolished home, searching for family photos and a bow-and-arrow kit belonging to McElroy's son. The two had taken refuge from the storm in an underground storm shelter.

Homes in the South are frequently built on concrete slabs, without basements. Slabs are cheaper and easier, and the need to protect pipes from freezing by putting them below ground is not as great as in the North.

A separate twister killed one person in Quapaw, Okla., on Sunday evening, then crossed into Kansas, where it destroyed more than 100 homes and businesses and injured 25 people in the city of Baxter Springs. A farm building collapsed in Iowa from either a tornado or powerful straight-line winds, killing one woman. THE ASSOCIATED PRESS

See that symbol? Scan the image below with your Metro News app to see how South Koreans are coming to the aid of families of ferry victims.

Lim Jang-young, 58, helps families of victims of the sunken ferry Sewol in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Volunteers help to ease suffering

Ferry sinking. Death toll expected to rise to more than 300 dead

The mother, slightly drunk, sits on the edge of a windblown dock and wails. A Buddhist monk approaches and wipes the tears from her face as she pours out her grief and longing for her missing son. He leads her away from the dock's edge and, as she weeps, chants Buddhist scriptures and sounds a wooden gong in a prayer for her son's return.

"They are really suffering," said the monk, Bul Il, who came from the southeastern port city of Busan to help the families of the more than 100 still missing in the sunken South Korean ferry. "It's painful for me to watch their misery," he said, his face peeling and red from long chants on a platform facing the sea.

Bul Il is one member of an impromptu city that has sprung up at this normally sleepy port for the families of those lost in the disaster.

It does not matter to the volunteers that the families do not brim with gratefulness for their work. They want to do more to ease their pain.

THE ASSOCIATED PRESS

Analysis

Recovery continues

Divers on Monday renewed their search for more than 100 bodies still trapped in a sunken ferry after weekend efforts were hindered by bad weather, strong currents and floating debris clogging the ship's rooms.

Meanwhile, investigators expanded a probe into how coast guard and other rescuers responded after learning the ferry was sinking. THE ASSOCIATED PRESS

Wrongful convictions

Who is innocent?

About one in 25 people imprisoned under a death sentence is likely innocent, according to a new statistical study appearing in the Proceedings of the National Academy of Sciences.

The majority of innocent people sentenced to death are never identified and freed, says professor Samuel Gross of the University of Michigan, the study's lead author. THE ASSOCIATED PRESS

Air search abandoned. Hunt for missing flight to continue under water

The aerial search for the missing Malaysia Airlines jet was called off Monday, and the underwater hunt will be expanded to include a vast swath of ocean floor that may take at least eight months to thoroughly search, Australian officials said.

Prime Minister Tony Abbott said that crews will begin searching the plane's entire probable impact zone, an area 700 kilometres long and 80 kilometres wide.

Abbot added that officials will contact private companies to bring in sonar mapping equipment that can be towed behind boats to search the area, estimated to cost $60 million. THE ASSOCIATED PRESS

Together, we can make Community Living Toronto stronger

As workers at Community Living Toronto, we always strive to provide the best possible care to individuals with developmental disabilities.

That's hard to do after years of cuts and underfunding.

The government recently announced more money for developmental services to help the thousands of families on waiting lists. Now it's time for Community Living Toronto to work with frontline workers to tackle critical issues like continuity of care, staffing ratios and recruitment and retention of qualified staff.

You can help us ensure quality of care to the individuals we support. Contact your MPP and Community Living Toronto: Let them know ***the need is now.***

A message from the developmental service workers of CUPE Local 2191

cupe.on.ca

CUPE On the front line

591–G.608

Dream of self-driving cars stuck in neutral?

Not so fast. Google is testing vehicles with a speedy push to market by 2017, but an expert says it will take until 2025

Google says that cars it has programmed to drive themselves have started to master the navigation of city streets and the challenges they bring, from jaywalkers to weaving bicyclists — a critical milestone for any commercially available self-driving car technology.

Despite the progress over the past year, the cars have plenty of learning to do before 2017, when the Silicon Valley tech giant hopes to get the technology to the public.

None of the traditional automakers has been so bullish. Instead, they have rolled out features incrementally, including technology that brakes and accelerates in stop-and-go traffic or keeps cars in their lanes.

"I think the Google technology is great stuff. But I just don't see a quick pathway to the market," said David Alexander, a senior analyst with Navigant Research who specializes in autonomous vehicles. His projection is that self-driving cars will not be commercially available until 2025.

Google's self-driving cars already can navigate freeways comfortably, albeit with a driver ready to take control.

THE ASSOCIATED PRESS

The Google driverless car navigating along a street in Mountain View, Calif.

GOOGLE/THE ASSOCIATED PRESS

Racism controversy

Some advertisers drop LA Clippers from their rosters

Advertisers are backing away from the Los Angeles Clippers after racist comments attributed to the NBA team's owner.

Mercedes-Benz USA said Monday its dealerships are ending their sponsorship of the Clippers in the wake of comments allegedly made by Donald Sterling.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.70¢ (+0.09¢)

TSX 14,530.91 (-2.66)

OIL $100.84 US (+$0.24)

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Dow Jones: 16,448.74 (+87.28)

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We need to talk

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*Dividend yield represents the last regular dividend paid on the Class A Shares of Dividend 15 Split Corp., annualized, as at April 25, 2014. Commissions, trailing commissions, management fees and expenses all may be associated with an investment in Dividend 15 Split Corp. Please read the continuous disclosure record of Dividend 15 Split Corp., including its current annual information form, available at www.dividend15.com or www.sedar.com, before investing. An investment in the Class A Shares is not guaranteed, share values change frequently, and past performance may not be repeated.

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HAVE THE 'BURBS LOST THEIR APPEAL?

SHE SAYS

Jessica Napier
metronews.ca

After living in the city for seven years, I've come to love the idea of starting a family in an urban setting. Unfortunately my boyfriend, who was actually born and raised in the city, has romantic visions of relocating to a sprawling home with a large backyard, a finished basement and neighbours who actually talk to one another.

Earlier this month, the New York Times published an article about the dwindling populations of North American suburbs. In the past, young men and women moved to the city for a brief period of time to attend university and start their careers before returning back to their hometowns when it came time to settle down.

Today, these migratory patterns are changing as an increasing number of people in their 20s and 30s are relocating to urban areas and opting to stay there for good. More and more young professionals are choosing to forgo the front lawns and spacious driveways of suburbia in favour of a more dynamic life, with kids, downtown.

I spent my teenage years coming of age in an idyllic lakefront suburb where almost all of the designer homes came with their own swimming pool. I went to a "good" school populated by beautiful WASP-y teenagers who could have starred in their own reality show about moneyed suburbanites.

It wasn't an exciting place — I spent countless hours driving along identical tree-lined residential streets to strip malls filled with fast-food chains — but it was safe and comfortable, which are desirable qualities when you're looking for somewhere to raise your kids.

So why are these picture-perfect peripheral towns now failing to lure young families back from the city?

The suburbs might have space and privacy, but cities have character — and plenty of characters — that you just don't find in the homogeneous communities that surround them. And while a congested and unpredictable downtown might not seem like the ideal place for young children, urban environments do have a distinct allure.

Cities offer walkability, mass transit, independence and a vast array of entertainment options. Families have access to museums, galleries, restaurants, street festivals, sporting events and theatrical productions every day of the week. I'd be willing to sacrifice some square footage if it meant giving my future children the opportunity to enjoy the unique benefits that come with living in a demographically diverse and densely populated urban area.

They say the grass is always greener on the other side — except downtown, where the metaphorical grass is a slab of concrete — but I just can't imagine moving back to the 'burbs.

ZOOM

Mauled eagle

Photographer Stan Rife captured this image about 46 metres away from the battling birds. "I stayed at a distance as eagles are cautious and won't hesitate to fly off if they spot you. Even from where I was photographing, I could definitely hear a pretty loud thud or thump as the eagles made contact." COURTESY STAN RIFE/SOLENT NEWS

Bald eagle claws off rival for food

This bald eagle took a bit of a battering as a rival clawed his face in a fierce airborne fight.

The white-headed birds of prey grappled with each other in a row over fish that descended into a tense battle of the fittest. Photographer Stan Rife, 55, watched the feathers fly during the scrap near the Great Salt Lake, located in the northern part of the U.S. state of Utah. METRO

Fishy reasons

"I'd say 99.9 per cent of fights are over fish. One eagle will land and start to feast on a catch, and then another will come and try to steal it away."

Stan Rife, 55, wildlife photographer

Bald-eagle facts

- **Wingspan.** Up to 230 cm.
- **Plucky flock.** Bald eagles have some 7,000 feathers.
- **Speed.** Over 56 km/h in flight and up to 160 km/h in a hunting dive.
- **Symbol.** Adopted in 1782 as U.S. national coat of arms. 'Founding father' Benjamin Franklin was against the move due to bird's roguish behaviour.

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MetroTube

Lag: It's way funnier in real life

ANDREW FIFIELD
metronews.ca

Lag. We'll pause for a moment while you spit out the bad taste that word leaves in your mouth. But what if lag's effects weren't restricted to the Internet?

Well, it might look a little like this experiment involving an Oculus Rift, a webcam, hapless volunteers, some missed dance steps and — most importantly — a broadband Internet company's advertising dollars. If you're going to lag IRL, you're going to need to break a few eggs. And ruin a table tennis game. And ... (Via Umeaenergi on YouTube)

SCREENGRAB

metro

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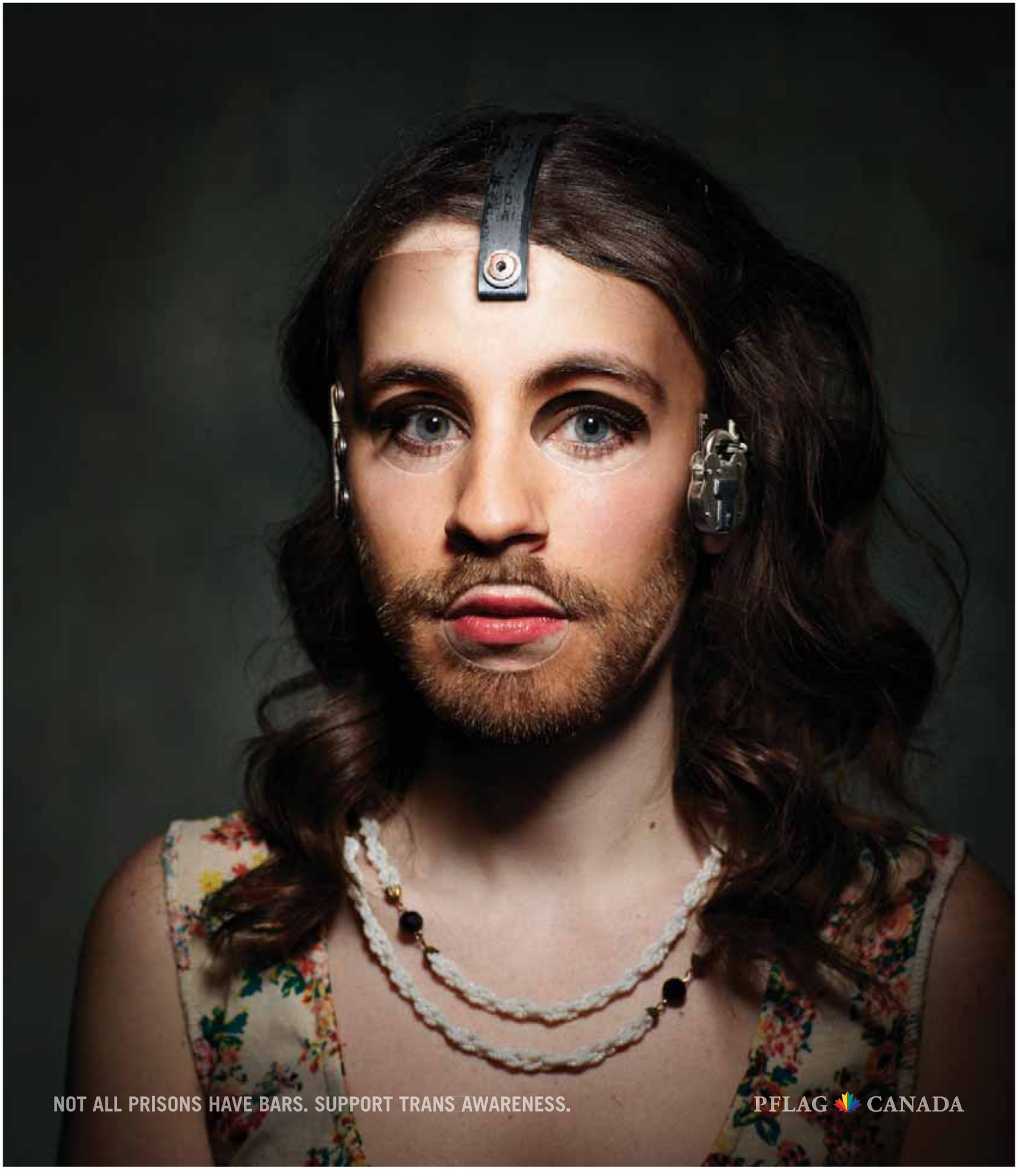

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See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Listen to M.I.A.'s song Lights.

M.I.A. talks divinity, art and holograms

Matangi. New album inspired by deity 'who looks and sounds like a woman who goes out there and fights for truth and justice'

PAT HEALY
Metro World News

Earlier this month M.I.A. and Janelle Monáe sang and danced with holograms of each other while each singer performed on an opposite coast of America. Although M.I.A. says she enjoyed the experience, it's unlikely you'll see her do much more of this sort of thing soon.

"You have to have these mirrors and carefully positioned equipment, and at the moment my shows are a bit unpredictable," says M.I.A. "I'd want to have something pre-choreographed and worked out and I never have that type of show. I couldn't bring the crowd up onstage if I had it."

M.I.A. says she resists pressure to turn her shows into "a theatrical production like Glee or something." GETTY IMAGES

Does incorporating high theatrics into your shows mean you have to compromise spontaneity?

I like being the artist that can be like that, where it's not so precious. I think we're living in a time where of course there's pressure for me to become a theatrical production like Glee or something and for my show to become a well-organized, choreographed thing like a pop show.

It's like, "The pressure's on, bitches." Everybody's sort of supposed to become that thing. At least that's what's considered good entertainment. So if you're bringing something to the table that's more about the energy and the vibe of what's going on that night, then it's difficult, but I might try to figure that out and see about that.

With Matangi, you liken yourself to the Hindu goddess who gives the album its title. Could this idea of finding god within yourself be a trend in the collective consciousness of artists? Kanye West certainly explores it on the Yeezus album.

I didn't really come at it like that because the journey to do with me is using exactly the same set of codes, but telling a different story with it. It's not a newly constructed set of codes. It's exactly the same one as the first album and the second one, and the third one and the fourth one, whereas with Kanye, the album before he says he's Jesus is about complete excess and being a king and royalty and money and wealth and having fur coats and flying a private jet, so the next one is a totally different concept.

But mine is more of a progression because it's like you're still working on the concept of the name of M.I.A. and what that stands for and people representing untouchables and people that live in a certain demographic, and you're still talking about fighting for things. The deity is still somebody who looks and sounds like a woman who goes out there and fights for truth and justice, speaking out and freedom of expression, all of these things which have always been a theme in my work.

How did you come to know of Matangi? Was it something you grew up with in your culture?

It wasn't really something that I felt that connected to. … I sort of fell upon it. Everything sort of works like that. It's about your experience and it's about what you're doing in the day, and the things that concern me in my life. I'm just directing my first video for Double Bubble Trouble, and even that process is exactly the same; you walk down the street, you see something and shoot it, and it goes in the video.

DVD review

Labor Day

Director. Jason Reitman

Stars. Kate Winslet, Josh Brolin, Gattlin Griffith

A lonely single mom (Kate Winslet) getting her groove back through the Mr. Clean ministrations of a prison escapee (Josh Brolin) is the kind of eye-rolling scenario writer/director Jason Reitman would usually mock.

And the laughs would be welcomed, not the unintended kind that this glossy melodrama frequently summons.

The two fine actors are defeated by Reitman's screenplay, his irony-free adaptation of Joyce Maynard's 2009 novel. It's as overripe as the peaches that Brolin's Frank sexily folds into the pie he bakes for Winslet's Adele.

Set in 1987 (but so 1950ish) in a small New Hampshire town, the movie clangs like a broken bell almost from the get-go.

At no point does it convince us that Frank is the least bit dangerous. Fatally, neither does it make us care about whether he and Adele will go from doing the rumba in the living room to the horizontal mambo in the bedroom.

PETER HOWELL

SCENE2

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Finding beauty in being the bad guy

The Sheik.
New documentary tells the story of a man from Tehran who became wrestling's most infamous villain

ADAM NAYMAN
scene@metronews.ca

On Twitter, where he has more than 400,000 followers, The Iron Sheik is exactly the sort of holy terror that he was during his glory days in the wrestling ring. He'll pick a fight with anybody, including Rob Ford.

But in real life, Khosrow Vaziri is a soft-spoken man whose pride in his legendary alter ego's wrestling exploits is tempered by a winning humility.

Both sides of Vaziri's personality are on display in The Sheik, an affectionate yet surprisingly intense documentary about his life in and out of the squared circle. "I was happy that somebody wanted to make a [movie] about me," says the 72-year-old Tehran native, who was a bodyguard for the Shah's family before earning his stripes as both a decorated amateur and boldly infamous professional wrestler. "It was something new for me."

Produced by Vaziri's longtime friends and managers Page and Jian Magen — who turned to crowdsourcing in order to fund the production and plan to distribute it digitally as well as theatrically — and directed by Igal Hecht, The Sheik is a personal profile with a political undertone, In it, Vaziri speaks candidly about exploiting his heritage to become, in his words, "the most hated wrestler in the world."

"Sometimes I had so much heat that people would throw things into the ring," he says with a smile.

"They would have to sneak me to my hotel in an ambulance because people were waiting outside the arena."

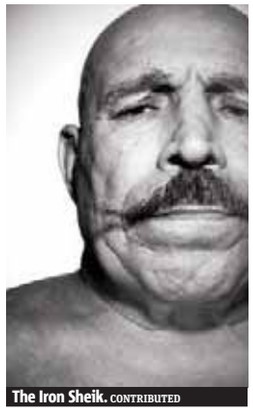
And yet despite playing his villainous foreigner role to the hilt, Vaziri was well-liked and respected by his fellow WWE wrestlers, who he says never betrayed any of the same xenophobic attitudes of the fans.

"In the old days, we tried to show the fans that wrestling was real," he explains.

"Good guys would go to one locker room, and bad guys to another. Some guys wouldn't even admit to their wife that it was all 'work.'"

There is material about Vaziri's family and personal life in The Sheik, and not all of it is flattering — he's battled drug addiction since the shocking death of his eldest daughter in 2003 — but he says that he was OK with it being a balanced portrait.

"Some of it was maybe not good for me. My family didn't like some things, but in the end, the story was told."



The Iron Sheik. CONTRIBUTED

Quoted

"Some of it was maybe not good for me. My family didn't like some things, but in the end, the story was told."

The Iron Sheik on the new documentary The Sheik.

The Iron Sheik was a body guard for the Shah's family in his younger years. The Sheik screens during the Hot Docs festival at 6:30 p.m. May 3 at the Bloor Hot Docs Cinema. CONTRIBUTED

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Film

Sofia Coppola, Willem Dafoe on Cannes jury

U.S. film director Sofia Coppola and actors Gael Garcia Bernal and Willem Dafoe will join Jane Campion next month on the Cannes film festival jury, organizers said Monday. Coppola, whose second feature film Lost in Translation was nominated for four Oscars, is no stranger to the festival. The 42-year-old's third film Marie-Antoinette competed at the festival in 2006 and The Bling Ring opened the new talent section last year. Mexico's Bernal shot to fame with his role in the Oscar-nominated film Amores Perros and his role as a young Che Guevara in The Motorcycle Diaries earned him a BAFTA nomination. U.S. veteran actor Dafoe has acted in some 80 films. AFP

Sofia Coppola. AFP

Dining with the city's king of photos

Darcy Killeen.
Executive director of the CONTACT Photography Festival dishes on his favourite exhibits this year

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto's newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
Andrew John Virtue Dobson
dobbernationloves.com
@dobbernation

I had a date with Darcy Killeen, the executive director of the CONTACT Photography Festival — a date I was really looking forward to. CONTACT is Toronto's annual month-long photo bonanza, and I was curious to learn what it takes to run it.

We met at Yorkville's Café Boulud in the Four Seasons Hotel, clinking cocktail glasses as a perfect start to the evening. Throughout dinner, while Killeen and I chatted photography, I couldn't help but notice a pop art portrait by Mr. Brainswash starring Grace Kelly staring down at me as if she were listening in on our conversation. Ms. Kelly was flanked by portraits of Kate Moss and Madonna, a feminine trilogy known for never shying from the lens.

As Kate, Madonna and Grace spent the evening glancing over us, our feast at Café Boulud tasted of a new season, with fresh flavours via risotto of spring herbs, Nova Scotia lobster salad and agnolotti of wild leek.

Killeen says that as a young boy, he always dreamt of working on Wall Street. It was a goal he met in his early 20s, and it brought a lifestyle he describes as "non-stop, exhausting and exhilarating." Having found his fortune at a young age, he wanted to give back to the community by volunteering on the boards of several arts organizations. His first introduction to Toronto's CONTACT Photography Festival changed his life. "I saw a great opportunity for growth in the organization and wanted to use my business skills to help the festival realize its full potential," he says.

Darcy Killeen, executive director of the CONTACT Photography Festival, at Café Boulud. ANDREW DOBSON/FOR METRO

Killeen is obviously proudly that the CONTACT Photography Festival is the world's largest. This year, the fest will showcase a mind-blowing 1,500 Canadian and International artists and photographers exhibiting at more than 175 venues to an eager audience of more than one million.

The theme of this year's festival is Identity, a perfect prelude to our World Pride celebration in June. Photo fans will have an opportunity to explore the notion of identity through photographs that showcase a broad range of communities such as queer, marginalized, female and African.

Where to go before, after

Pre: Enjoy an early Spanish feast at Grant Van Gameren's always-bustling Bar Isabel.

Post: Grab a late-night glass of sparkling wine at the Drake Hotel, and drink it under the stars on their rooftop patio.

Join the photo parade

The Scotiabank CONTACT Photography Festival runs throughout the month of May. Visit scotiabankcontactphoto.com for more details.

Be sure to check out two of Killeen's favourite exhibits this year: Pictures from Paradise, Caribbean images that will be presented at Harbourfront Centre, and a collection at BAND Gallery by Gordon Parks, the first African American artist to work for Life Magazine.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look at that hair, look how it shines on Styles...

MELINDA TAUB
Metro World News

Now that Chris Martin and Gwyneth Paltrow are consciously uncoupled, let's all try to guess who Martin will couple with next. How about One Direction heartthrob Harry Styles?

The Coldplay frontman says he's a huge fan of One Direction — Styles in particular. "I'm saying One Direction are brilliant, and I'm not kidding. You know why? Because their songs are really good and I don't think that any of them are going to go solo," he told the BBC.

Chris doesn't just admire their musical prowess and comradeship: He also, like all humans with a pulse, thinks Harry Styles is cute as all get out.

"He has come to a couple of our shows. I think I probably said the same thing about chemistry. I can't remember — I was too enamoured with his haircut. I was like this: 'I was pretty sure I was a straight guy before.' I was having a hot flush," he said.

Good to know that Harry Styles' stupid adorable floppiness works on adults who should be even less susceptible than me. However, Chris Martin does have a 10-year-old daughter, so he'd better be discreet about his affection or he might find himself in a Tumblr feud with Apple.

It's Hardy to be sure if this guy got hitched or not

Tom Hardy is apparently trying to get adjusted to married life before actually tying the knot, as he's been perplexing reporters recently by already referring to fiancée Charlotte Riley as his wife despite the fact that they haven't actually tied the knot yet, according to Us Weekly. "Well, my wife is an actor as well, so she sort of gets it," Hardy told the magazine at a recent event to promote his new film, Locke, in New York. "Apart from that, I'm a pain in the ass, really." Hardy also referred to Riley as "pure" and "very kind." The couple met while filming Wuthering Heights in 2009 and were engaged a year later. No wedding date has officially been set yet — assuming the event hasn't already happened.

Details of Geldof's death may come to light as inquest begins

Peaches Geldof

A British coroner will open an inquest this week into the death of Peaches Geldof and may reveal details of what killed the 25-year-old celebrity.

Kent County Council says a brief inquest hearing will be held Thursday. The council said in a statement Monday that a senior police officer will read a statement and the coroner will release the results of a post-mortem investigation.

The model and TV personality, daughter of Live Aid organizer Bob Geldof, was found dead at her home south of London on April 7. An initial autopsy was inconclusive and toxicology tests have been carried out.

Inquests are held in Britain to determine the facts in sudden, violent or unexplained deaths.

After the opening hearing, the inquest will be adjourned until later in the year.

THE ASSOCIATED PRESS

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Feel full, not fat

Being hungry and being on a diet are two very different things. Dr. Joel Fuhrman, a nutritionist and author of Eat to Live, breaks down whole foods that will fill you up and do you good.

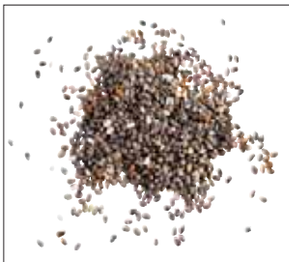
ROMINA MCGUINNESS, METRO WORLD NEWS
Nutrition data from My Fitness Pal

Red kidney beans (cooked, 100 g)

WHY: "Beans are digested slowly, stabilizing blood sugar levels and reducing feelings of hunger. They're also high in resistant starch, a type of carbohydrate that is not absorbable by the body as calories."
Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g

Strawberries (chopped, 100 g)

WHY: "Naturally sweet and low in sugar, strawberries don't raise blood glucose levels like a banana or date would."
EAT ABOUT: 200 g
Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs 8 g



Chia seeds (100 g)

WHY: "These act like a fat sponge in the digestive tract."
EAT ABOUT: 2 tbsp
Calories: 490 / Total fat: 31g / Sugars: 0g / Protein: 16g / Dietary fibre: 38g / Total carbs: 44g

Walnuts (raw, 100 g)

WHY: "These are rich in omega-3 fatty acids, a natural anti-inflammatory. Walnuts also contain plant sterols, which bind fat and put it in your stool so that the calories are not biologically available to the body."
EAT ABOUT: A handful
Calories: 654 / Total fat: 65 g / Sugars: 3 g / Protein: 15 g / Dietary fibre: 2 g / Total carbs: 14 g

Tomatoes (raw, 100 g)

WHY: "Tomatoes are high in the carotenoid antioxidant lycopene. Lycopene helps to defend the body's tissues against oxidative damage, a natural by-product of our metabolic processes."
EAT ABOUT: The more the better
Calories: 32 / Total fat: 0g / Sugars: 3 g / Protein: 1 g / Dietary fibre: 1 g / Total carbs: 3 g

Broccoli (raw, 100 g)

WHY: "Dark green vegetables are packed with nutrients and are so low in calories that they can be consumed in virtually unlimited quantities."
EAT ABOUT: The more the better
Calories: 39 / Total fat: 1 g / Sugars: 2 g / Protein: 4 g / Dietary fibre: 3 g / Total carbs: 2 g

Mushrooms (raw, 100 g)

WHY: "They contain powerful angiogenesis inhibitors. In other words, they prevent new blood vessel growth that is needed for fat tissue growth."
EAT ABOUT: 20 g
Calories: 22 / Total fat: 0 g / Sugars: 2 g / Protein: 3 g / Dietary fibre: 1 g / Total carbs: 3 g

Blueberries (frozen, 100 g)

WHY: "These are a good source of dietary fibre and have a low glycemic load (the impact of carbohydrates on blood sugar levels)."
EAT ABOUT: 120 g
Calories: 51 / Total fat: 1 g / Sugars: 8 g / Protein: 0 g / Dietary fibre: 3 g / Total carbs: 12 g

EAT 3

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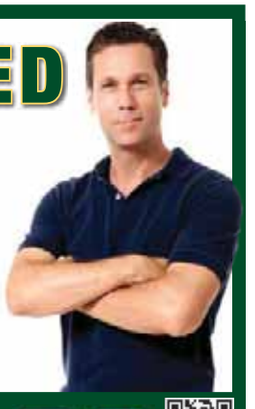

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Great gifts in tiny packages

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we took a close-up look at seeds, which are being hailed as a superfood.

Chia
These seeds are high in iron and folate (both essential nutrients) as well as bone-boosting calcium and magnesium. They also contain omega-3 fatty acids and soluble fibre.

Hemp
A complete protein, hemp seeds promote healthy hair and skin thanks to omega-3 and omega-6 fatty acids. Plus, they contain phytosterols, which are plant-based compounds that lower cholesterol.

Pumpkin
These seeds are a tasty source of iron, zinc, B vitamins, magnesium and protein, and have a high concentration of the amino acid tryptophan, which helps lower anxiety levels.

Sunflower
These are an excellent source of folate (which boosts immunity) and vitamin E (an antioxidant that protects cells from damage – and may help to prevent cancer).

Sacha inchi
The next big thing? Yes. But sacha inchi seeds have been cultivated in Peru for centuries.

Some seeds are considered superfoods. ISTOCK

Also called the Inca peanut, sacha inchi is touted as being among the best plant sources of omega-3, omega-6 and omega-9 fatty acids.

Sesame
Sesame is one of the oldest oil crops known; it is high in antioxidants and rich in protein. The seeds are also a source of zinc, which can boost sexual health in men because it helps with testosterone and sperm production.

Flax
A great source of soluble fibre, flax lowers cholesterol and makes you feel full longer. These seeds, which you should grind to get the most benefit, are also packed with omega-3 fatty acids, which are beneficial for brain health. They're also associated with boosting eye health, as they can lower the risk of age-related macular degeneration. Studies show flax may help prevent certain cancers.

To get delicious, easy recipe ideas using these seeds, and a wealth of information to help you live better and feel great, pick up the May issue of Best Health magazine.

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For more information please email:
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Spring-clean your pantry

After you clean out the bad stuff, load your pantry with healthy choices. ISTOCK

Nutrition. Don't just wipe the windows, get that pantry ready for clean eating

As spring begins to liven up the winter gloom, homes everywhere are getting that seasonal thorough cleaning. This year, don't just wipe the windows: Start developing better eating habits by adding the pantry to your spring-cleaning list.

Registered dietitian Sharon Richter has been assisting New Yorkers with living healthier for 10 years.

"A lot of time, people don't realize that food's expired," Richter says. "[The pantry] is a great place to kind of refresh, see what's in there, and make sure that everything is current and that there are healthy options."

Expired foods are an obvious target for cleaning, but making sure that the other food in the cupboard is healthy can also lead to better eating habits. Removing foods with high fructose corn syrup, hydrogenated oils and MSG should also be a spring cleaning goal.

"I always say, look at the ingredients and see what's in there," Richter says.

Once those bad foods are gone, healthier options can begin to take their place. Richter recommends foods like whole grain cereals and dried fruit with no added sugar. "I'm big into the raw nuts," Richter says. "Pistachios are great because they take a long time to eat, instead of just shoving a handful in your mouth."

But don't just throw those new foods in the cabinet. Richter says placing those healthier options right up front makes healthy eating easier. "Have those grab-and-go things right in the forefront," Richter says. "Put the things that might be a little less healthy, like the cookies, in the back so they're not what your eyes see."

MAX PRINZ, METRO WORLD NEWS IN NEW YORK CITY

For your phone

The North Face Explorer (iPhone/ Android; free)

MIND THE APP
Kris Abel
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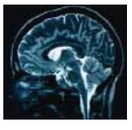

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They're minding their own biz with wax

Handling hair with care. Creators of Fuzz Wax Bar find success in keeping their esthetic services specific

TAKARA SMALL
Metro News in Toronto
@takarasmall

Memberships at Fuzz Wax Bar ensure there are no more excuses for lack of maintenance. CONTRIBUTED

Starting a small business can be an eyebrow-raising endeavour full of sticky situations (think overhead costs, business loans and payroll, just to name a few). For Jessica Frampton and Florence Gaven-Rossavik, owners of Fuzz Wax Bar, the prospect of a new set of challenges never turned the duo off from pursuing their entrepreneurial dream.

"Neither of us came from a background in business or esthetics, so we had to do a lot of research when we started out," says Jessica Frampton of the waxing business she co-founded.

"We wanted to ensure we were not only launching a great brand that made sense business-wise, but also one that made sense to our potential customers."

The company that now operates two stores in Toronto offer everything from eyebrow shaping to Brazilian waxes, but with one distinct difference: Instead of simply paying per service (as many waxing establishments do) Fuzz Wax Bar also offers monthly memberships from $15 to $55 per month.

Their membership packages, which include trimmings and the occasional free perk, help them stand out from the other businesses that crowd the city's streets.

"Although a couple of wax bars have opened in Toronto since we opened, the majority still offer other services in addition to waxing.

"Fuzz only offers waxing, meaning our estheticians are true, dedicated experts to what they do," says Gaven-Rossavik.

And, it's not just women who are turning to Fuzz Wax Bar.

With the well-groomed gentleman turning up on the small screen, the runway and city streets, requests for men's above and below-the-belt grooming have boomed.

Their most popular services for men include shoulders and back, but clients also seek out services such as bikini waxes and Brazilians (known as manzilians) that were once offered only for women.

Before diving into the busy world of wax in 2012, the duo did their research, well aware of the high rate of failure) new businesses encounter within their first five years.

"We decided to open Fuzz Wax Bar in 2012 because wax bars didn't exist in Toronto, and we knew they were thriving internationally," says Frampton.

"While we continue to see new wax bars popping up and other waxing salons lowering their prices to match ours, we know that our brand has a fantastic reputation and we believe we can continue growing."

Gurus of grooming

"Fuzz only offers waxing, meaning our estheticians are true, dedicated experts to what they do."

Florence Gaven-Rossavik
Co-founder of Fuzz Wax Bar

E-laborate

Go to metronews.ca/mom-and-pop-shops to learn more about Florence Gaven-Rossavik and Jessica Frampton's journey to wax success.

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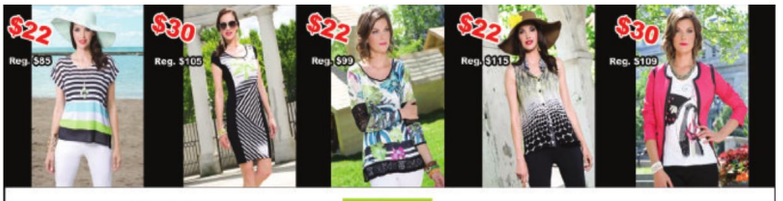

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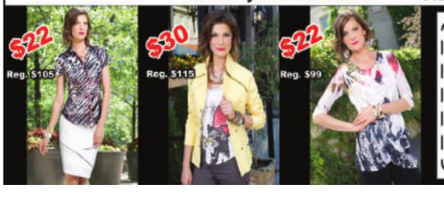

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See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about goats milk cheese

Just add cheese for pancakes 2.0

Health Solutions

Say, '(Sheep's) cheeeeese'

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sheep's and goat's milk cheese are a staple all over the world. Canadians have a lot of exploring ahead of us.

Some of the benefits of these delicious options:

• People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance.

• Milking sheep and goats have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is believed to help keep weight gain at a minimum.

• Sheep's milk has almost twice the calcium *and* protein of cow or goat milk.

• Both have unique and distinct tastes that can be made into any type of cheese: soft, washed rind like brie, or aged like cheddar.

I had the chance to milk sheep and I was surprised by how clean, gentle and sweet-smelling they were.

That warm, soft smell comes from a wax that their skin produces called lanolin. Yep, the same lanolin that you see as an ingredient in your hand cream.

Small sheep and goat farms are dotted across the country, producing artisan cheeses that are sold onsite or in small boutique and farmers' markets. Well worth seeking out. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Soft sheep's ricotta or goat chèvre work equally well in this recipe. If you choose goat cheese, you'll have more zing!

Pancakes are not just sweet food anymore. Think of French crepes It's real comfort food.

1. Mix together pancake mix, ground almonds, wheat germ, garlic powder, white pepper with a whisk. Mix eggs, ricotta and milk.

2. Mix the two together while you heat a skillet.

Ingredients

- 2 cups pancake mix or gluten free pancake mix
- 1/2 cup ground almonds
- 1/2 cup wheat germ (omit if gluten free)
- 1 tsp garlic powder
- pinch white pepper
- 3 eggs
- 6 oz ricotta cheese, divided (or any soft sheep or goat cheese)
- 3 cups milk or goat milk
- mango chutney

This makes four to six servings. THERESA ALBERT

3. Fry like pancakes on one side until bubbles form, flip once. Top with extra cheese and mango chutney. **THERESA ALBERT, NUTRITIONIST, IS FOUND DAILY AT MYFRIENDINFOOD.COM**

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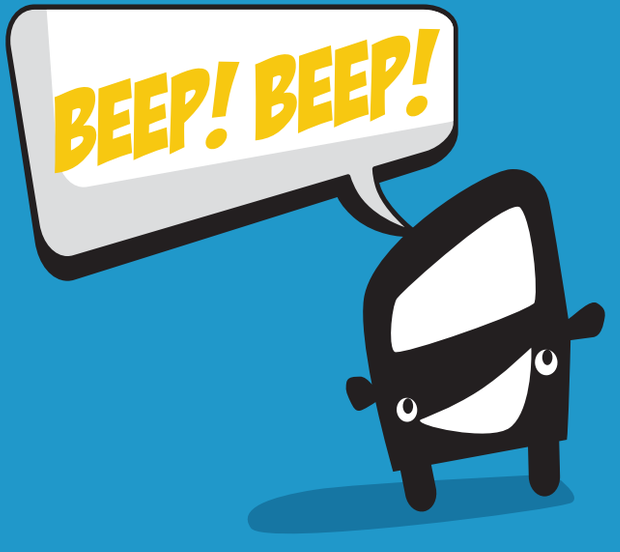

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SPORTS 4

Leading while learning on the job

NBA playoffs. After shaky Game 1, Raptors swingman is displaying 'superstar' potential

Swingman DeMar DeRozan is averaging 24.5 points per game through the first four games of the Raptors' series with the Brooklyn Nets. Game 5 goes Wednesday night in Toronto. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Remember skittish DeMar DeRozan, the youngster who was overwhelmed by his first appearance in the NBA playoffs, the guy who was going warp speed when he should have been playing at a pedestrian level?

Seems so long ago now that he's becoming a "superstar" in the eyes of Toronto Raptors teammate Kyle Lowry, leading a young team while learning about the playoff atmosphere and intensity as he goes along.

"I thought he went through Game 1 and experienced that and got that out of the way. From that, he grew and gained confidence," Toronto coach Dwane Casey said on a conference call Monday.

"It's great to see DeMar grow, there's still room for more growth on his part and he knows it, on the defensive end and places in the offensive areas, but where he came from he's grown by leaps and bounds."

Because of him, so have the Raptors.

After a sluggish start to the series, DeRozan has started to dominate it. He had back-to-back games of 30 points or more in Games 2 and 3 and led the Raptors in scoring with 24 points in a huge Game 4 that tied the best-of-seven series with the Brooklyn Nets 2-2 going into Wednesday's Game 5 at the Air Canada Centre.

"What's a beautiful thing is there's a lot more there with him and the same with Kyle (Lowry)," said Casey.

Lowry, who had 22 points in the Game 4 win despite being limited by a sore right knee, is another key Raptor who has grown more comfortable with the level of play.

"Kyle has proven to the league that he's one of the elite point guards in the league with his leadership," said Casey. "Not only his ability but his approach to the game, being a positive teammate. All those things are part of growing with those guys but in no way are we satisfied or are they satisfied.

"They're going to continue to grow even through this series because it's going to take some growth in some areas for us to be successful."

But if the Raptors think they have assumed control of the series after Sunday's road win, they are sadly mistaken.

"No, none whatsoever," Casey said, discussing momentum. "It's not my first rodeo in a playoff situation. You're not as comfortable after a win as you are down after a loss. You have to treat each game separately, you approach each game separately. We have to go into the next game as if we lost the last game, that's the mentality we've got to go in with. You can't go in too high.

"If we had lost (Sunday) night, we couldn't go in too low. That's the mentality we're going into the game with. In a playoff situation, the word momentum is used too much." TORSTAR NEWS SERVICE

Top 5 Raptors playoff games

5 Vince Carter vs. 76ers, Game 3, 2001.
Philadelphia's Allen Iverson had 54 points as the Sixers won Game 2 but Carter followed up with a performance for the ages with 50 points in a 102-78 victory in Game 3.

4 Kyle Lowry vs. Nets, Game 4, 2014.
A loss trailing 2-1 in the series likely would have been fatal and Lowry, who was far from 100 per cent with a gimpy right knee, put up 22 points in the Raptors' 87-79 win.

3 Antonio Davis vs. Pistons, Game 3, 2002.
Davis, who led a last-season push just to get into the playoffs, had 30 points and eight rebounds in a 94-84 win with the Raptors trailing 2-0 in the best-of-five first-round series.

2 DeMar DeRozan vs. Nets, Game 2, 2014.
He was held in check in Game 1 but exploded for 17 points in the fourth quarter — he had 30 on the night — as the Raps won to even the series.

1 Jose Calderon vs. Nets, Game 5, 2007.
Calderon scored a playoff career-high 25 points with starter T.J. Ford injured to help extend the series to Game 6.
TORSTAR NEWS SERVICE

Lucic loves the heat from playoff hate

Enemy No. 1. Bruins forward relishing role as villain after spearing Red Wings' DeKeyser in first round

Milan Lucic, right, of the Bruins celebrates scoring a goal against the Red Wings with teammate Jarome Iginla during Game 5 of their first-round playoff series in Boston on Saturday. Lucic is shaping up to be a formidable villain this playoff season but he certainly wouldn't be the first. Scan the above image with the Metro News app to view a gallery of hockey's greatest villains. JARED WICKERHAM/GETTY IMAGES

According to fans at Joe Louis Arena, "Lucic sucks."

The chants rained down from the sellout crowd during Game 4 last week, animosity built up after Milan Lucic speared Detroit Red Wings defenceman Danny DeKeyser and because of the way the Boston Bruins winger plays on the edge between the whistles and after.

Then Lucic scored the tying goal, silencing the building and helping the Bruins take a commanding lead in the series they wrapped up Saturday. Asked if the chants made scoring that goal more satisfying, the Vancouver native just smiled.

"I'd be lying if I said no," he said. "I mean, any athlete would be lying if they said it doesn't. It was good to get that one."

Lucic fits the bill as the perfect playoff villain, and certainly not just in Detroit. His role as a hated opponent is sure to ramp up in the second round against the Montreal Canadiens as part of an intense rivalry where tempers tend to flare.

Last month Lucic called Habs defenceman Alexei Emelin a "chicken" for delivering a low hip check on him. This is the fourth series in the past seven years between Boston and Montreal, and given fans' and players' long memories, that remark won't be forgotten when the teams take the ice at Bell Centre for Games 3 and 4.

That's OK with Lucic, a player who seems to thrive when being booed and heckled.

"That's the beauty of sports: The fans get into it and it's what makes it fun as well, especially in a playoff series type of atmosphere," the 25-year-old said last week in Detroit. "You can't let it get the best of you. You want to try to get out there and create that satisfaction for yourself and come up with a big play."

Lucic came up with a handful of big plays as the Bruins dispatched the Red Wings in five games. He had three goals and an assist combined with just one minor penalty.

No penalty was called on Lucic for deliberately spearing DeKeyser in the groin area from behind in Game 1, and he was not suspended. Instead, the NHL fined him $5,000.

THE ASSOCIATED PRESS

Takes one to know one

"He just runs around out there, he's a force in himself. He's a great guy to have on our team."

Brad Marchand on his Bruins teammate Milan Lucic

NBA playoffs. Doc Rivers passes on chance to talk with Donald Sterling

Doc Rivers THE ASSOCIATED PRESS

Los Angeles Clippers coach Doc Rivers said he declined a chance to speak with owner Donald Sterling, who is alleged to have made racist comments in a recorded conversation.

"I was asked (if) I need to talk with Donald, and I passed, quite honestly," Rivers said Monday. "I don't think right now is the time or the place, for me, at least. I just took a pass."

Sterling is purported to have told a woman not to bring black people to his games or associate with them.

"Yeah, I believe he said those things. But I still want to make sure," Rivers said during a conference call. "As far as believing those things? I heard what he said. Until someone tells me differently, you usually listen to what people say. I haven't given him his due process. I haven't given him an opportunity to explain himself and quite honestly right now I don't want him to. I want to wait for that further judgment."

The coach cancelled practice Monday, a day after a 118-97 loss to the Golden State Warriors that evened their playoff series at 2-2.

THE ASSOCIATED PRESS

Soccer

Alves supported for biting response

Barcelona defender Dani Alves has received an outpouring of support for his response to a racist taunt during a game, while Villarreal issued a lifetime ban to the season-ticket holder who threw a banana at him.

Alves, who is black, was about to take a corner in Sunday's 3-2 win at Villarreal's El Madrigal Stadium when a banana landed on the pitch in front of him. The Brazil international picked it up, peeled it and ate some of it before throwing the rest aside. THE ASSOCIATED PRESS

NBA playoffs

"I believe if it was me, I wouldn't come to the game. I believe the fans, the loudest statement that they can make as fans is to not show up to the game."

Golden State Warriors coach Mark Jackson responding to questions Monday about how fans should react to the purported comments of Clippers owner Donald Sterling telling a woman not to bring black people to his games or associate with them. NBA commissioner Adam Silver will hold a news conference in New York Tuesday where he could reveal sanctions the league will impose on Sterling. The Warriors and Clippers play later at Staples Center with their series tied 2-2.

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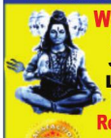

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Horoscopes

♈ Aries
March 21 - April 20
You will be quick off the mark both physically and mentally today, especially if you see a chance to make some money.

♉ Taurus
April 21 - May 21
You feel like you can take on the world and win – and most likely you can. Today's eclipse in your sign endows you with the confidence to try things that at others times might scare you.

♊ Gemini
May 22 - June 21
You are paying far too much attention to what other people are saying and not enough to what your heart is telling you. You just need follow your own inner voice.

♋ Cancer
June 22 - July 23
Something you have been worrying about for ages won't bother you any more. Most likely that is because you are starting to focus on issues that really matter rather than issues that are of no importance.

♌ Leo
July 24 - Aug. 23
Today's solar eclipse in the career area of your chart will give you the energy and the confidence to put yourself forward and let people in positions of power and authority know you are special.

♍ Virgo
Aug. 24 - Sept. 23
Voices may be raised over the next 24 hours but if you adopt the right attitude it will pass by and leave you unscathed. What you need most right now is a sense of humour.

♎ Libra
Sept. 24 - Oct. 23
There is no point arguing with people who simply refuse to see sense. It may be tempting to show them up with your superior knowledge but why bother?

♏ Scorpio
Oct. 24 - Nov. 22
You will be extremely energetic today but the solar eclipse in your opposite sign of Taurus means you cannot expect to get everything your own way. Some of your rivals are every bit as relentless as you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may find it hard to be patient today but stay in control and don't let your temper get the better of you. The planets warn if you get annoyed you could do yourself harm.

♑ Capricorn
Dec. 22 - Jan. 20
You can expect some kind of breakthrough over the next 24 hours, the kind you will remember for years to come. Whatever it is you dream of you know it can be done.

♒ Aquarius
Jan. 21 - Feb. 19
Make sure you get the up front support of loved ones before embarking on a new course of action. Try to persuade them that what you desire will also be good for them.

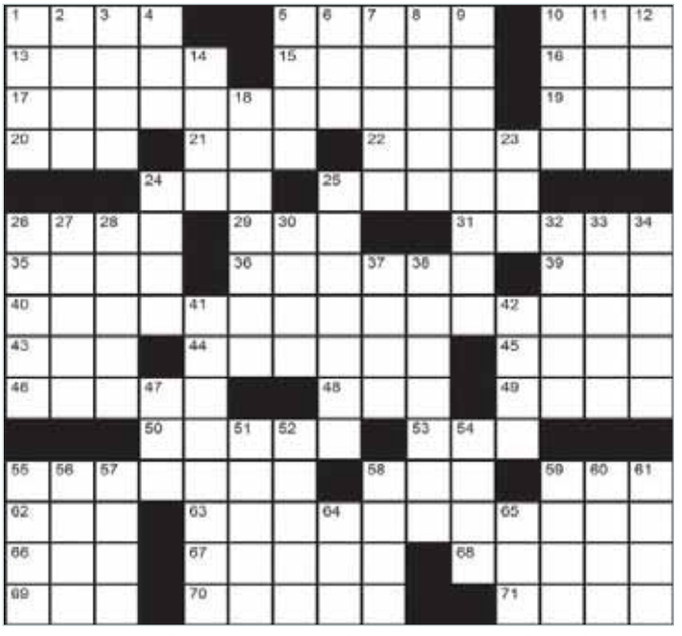
♓ Pisces
Feb. 20 - March 20
The message of the stars today is that you need to stop wasting time on so many irrelevant activities. Cut back on the partying and all those unnecessary commitments.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



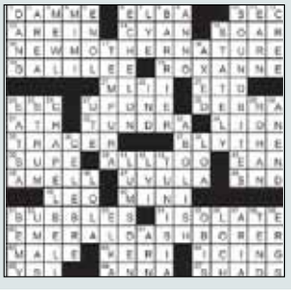
Across

1. Toronto electronic music duo, __ Dead
5. 'Great'-meaning prefix to 'fy' or 'ficent'
10. Financial exec's degree
13. Mr. Flynn
15. Ozone-damaging refrigerant
16. 'Eight' ender
17. Mariner's mercantile mission mapways: 2 wds.
19. __ fashioned
20. Nova Scotia hrs.
21. Bard's 'throughout'
22. Winnipeg, 'The __ to the West'
24. Demise
25. The __ (Irish siblings band)
26. New newts
29. Tetley drink
31. Basket-making fibre
35. Swill
36. Gloria __ (High-profile American lawyer)
39. Tuber serving
40. "Hot Tonight" band from Newmarket, ON: 3 wds.
43. Excavated material
44. Barker's boarding building
45. Prefix with 'dynamic'
46. Comic strip square
48. "And if your heart's strong, hold __, _ won't delay." - The Beatles, "Wait"
49. Attraction
50. Parrot
53. "Gangnam Style" artist
55. Parade bigwig
58. Creature in ancient Egyptian art
59. The __, Manitoba
62. Toronto's Dan- forth, e.g.
63. 'Very boring' job in "Echo Beach" by Martha & The Muffins: 2 wds.
66. Family
67. Intended
68. Cliff nest, variantly
69. Peculiar
70. PGA, et al.
71. Fret

Down

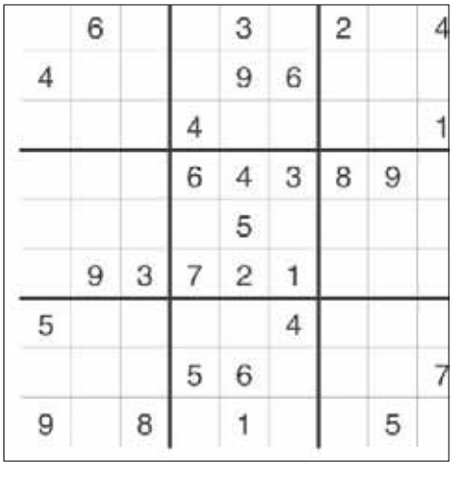
1. Greek†alphabet's 6th letter
2. Blunders
3. "Shucks!"
4. Lawn roll
5. "Dial _ __ Murder" (1954)
6. Indonesia's __ Islands
7. Square-one
8. __ __ for music (Not exactly a maestro)
9. Good way to take things: 2 wds.
10. Woof's counterpart
11. Mr. Lugosi
12. Mr. Warhol
14. Mr. Trotsky
18. Bureaucrat's adhesive?: 2 wds.
23. 'Heir' suffix
24. Behold
25. Infomercial's prompt to order: 2 wds.
26. Impede
27. Plant†life
28. Commuter's payment
30. Father-in-law for Esau
32. Jesse __ Ferguson of "Modern Family"
33. Famous soap couple, Luke and __
34. Curve
37. Nada in Nice?
38. 1983 Bonnie Tyler hit: "Total __ of the Heart"
41. Musical of 1943!
42. Elizabeth __ Stanton (Suffragist, b.1815 - d.1902)
47. Bad __ (German spa resort)
51. Montreal 'coffees'
52. As, in code
54. Microchip-implanting gr.
55. Shark sort
56. Passionate
57. Splinter
58. Memorizes the script and does this
59. Chipper
60. Indy 500 champ Mr. Luyendyk
61. Twist, as facts
64. Bed-and-Breakfast
65. __ Miserables

Friday's Crossword

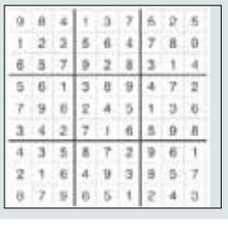


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Monday's



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